



TMI

focus

Vol. XVII, No. 2

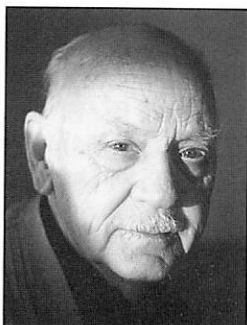
A Newsletter Of The Monroe Institute

Spring 1995

HIDDEN AGENDA

by Robert Monroe

A distinct realization has finally penetrated my own personal consciousness. It may already have been a part of yours, but you were too polite to bring it up.



The Planned Purpose may have been there right from the beginning, back in 1956. I was unaware of it, and when signs and symptoms came up, I uncomfortably passed them by. Yet we inserted labels in our work such as Different Overview, Freedom Route, etc. We did state the prime "more than your physical body" theme. We have developed and taught methods and techniques of achieving states of consciousness beyond the physical. Basically, we have advocated their use to improve and enhance our present physical life. We did not stress the obvious: If you indeed get to know you are more than your physical body, it is only a very thin step to knowing you survive physical death.

Over the years, I have had friends and three of my family die, and I was able to reach many of them in their new location. However, at the time of their passing, I was not in close association with them. Some I had not

seen for several years. Nancy's illness and death was different. It cut off twenty-three years of daily sharing in total love and devotion. The process redirected us to the final stages of our Planned Purpose, first with *LIFELINE*, followed by *GOING HOME*. Both of these are indeed upfront approaches to making life after death a reality. For me, it was a horrendous price to pay to force the beginning of such diversion, as you know. Even then, I didn't recognize the underlying reason.

Now I do, and I feel better for it, although I deeply regret the need for such a massive blow to get my attention. Mostly in myself for my lack of perception. Couldn't the Planned Purpose have come up an easier way?

It took an active night's sleep after intently watching a television documentary to come up with the reality of it. The TV documentary referred not only to the thousands of ancient prophecies of destructive patterns at the end of this century, but thousands of contemporary ones—including scientific studies by Ray Moody and the like. It brought back memory of our work in the sixties and seventies which we have passively ignored.

Our Basic has been to convert unknowns into Knowns. We have been quite successful in putting into constructive use by the individual the knowledge that we humans are indeed "more than our physical bodies." This has affected many thousands of people positively through the years.

IN MEMORIAM

It was going to be a beautiful day on this seventeenth of March. A sliver of sun crept over the mountains, casting that dusky pink glow so familiar and warm in an early spring dawn. It was then as a family that we said, "Goodbye, we love you" to our father, the founder, the visionary, Robert Allan Monroe.

Thursday night we had taken Bob to the University of Virginia Medical Center. He was trying to get over a pneumonia which had been diagnosed a week prior to this visit, and although a bit disgruntled about being there, Bob was safe and comfortable telling us to go home and eat something.

Around 2:00 a.m. the doctor called to make us aware of a transition that was taking place with Bob. As family members gathered at the hospital, our mentor, patron and pal was turning off the switches in the house of his body, making ready his Voyage Home to see Nancy and the countless others waiting for his arrival. With graceful determination and gentle countenance, Bob left us holding hands at 9:18 a.m. on St. Patrick's Day 1995.

To describe what he meant to us is to embrace the sun. His brilliance illuminated our paths, nourished our minds, and warmed our souls. We carry him forever on our own journeys and know fondly that he affected many people this way. Sadly,

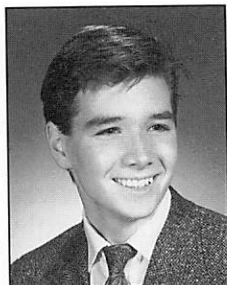
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IT WAS FUN BUT HARD ON THE PHYSICAL BODY: REFLECTIONS OF THE FIRST-EVER TMI INTERN

by Stefan J. Kasian

During the summer of 1994, we were privileged to have Duke University pre-med student Stefan Kasian as a research assistant in the TMI laboratory. The decision to accept Stefan was made after careful deliberation, and the rewards were rich for all parties to the arrangement. As Stefan continues his formal education, he is also running the Mind-Body Medicine Studies Group at Duke. The group recruits speakers in the forefront of complementary medicine with the purpose of educating and informing undergraduates of alternative approaches in health care.



It has always been one of my dreams to explore the nature of human consciousness and unleash its potential to benefit myself and others. I knew implicitly that in order for this to happen, the mind must be investigated using nontraditional and creative methods rather than the "if we can't measure it, then it doesn't exist" approach. Knowing of this intense interest, a good friend recommended that I contact The Monroe Institute.

The response to my inquiry was impressively professional, and the information packet was beautifully assembled. This seemed to be an organization free of dogma or limits and committed to blazing new frontiers. The ideas presented in the brochure sparked my imagination. However, absorption with high

school academics and extracurricular interests led me to set the information aside. Years later, I again thought about contacting the Institute. Now a student at Duke University, my studies included computer science, psychology, and pre-med. Experience in laboratory research and with computers were tangibles to offer TMI in exchange for a learning experience. Pre-med studies immersed me in hard sciences.

There was a need to temper the sciences with the study of the human being as a multifaceted whole.

In September, I discussed exciting ongoing research with laboratory engineer Dave Wallis. He said that summer employment was not common or feasible because the lab was busy and could accommodate neither transportation nor housing. Regardless, I scheduled a visit in mid-October.

On the drive from Charlottesville, my sweetheart, Emilie, and I fell in love with the vivid fall color and then the beauty of the Institute buildings—secluded, warm, and quiet. I met with F. Holmes (Skip) Atwater, research director, who reviewed my qualifications and goals for summer work. Although uncertain of his needs, he asked me to keep in touch. In January, a letter arrived congratulating me on being accepted as the first intern ever to work at The Monroe Institute. During the eight-week internship, my position would be computer and research assistant to ongoing projects.

An experienced researcher, Justine Owens, PhD, was hired as a consultant. Her task was to analyze the treasure trove of data collected over years of brainmapping and EEG experiments and prepare it for publication in major journals. My experience was ideal for completing the tasks at hand.

The summer's work was challenging and varied: at times easy and gratifying, at others tedious and frustrating. It entailed weekly treks to the University of Virginia Health Sciences Library to perform comput-

er searches for published literature on such topics as "meditation" and "EEG" for use as references when The Monroe Institute published its findings. Relevant articles were reproduced in hard copy and entered into a professional Reference Manager computer program. I organized the storage and filing system for those references. Ultimately, an individual could choose a topic, such as "consciousness," on the computer, and get a print-out of all articles on file that mention that term. In addition, Skip and I pulled together the results of the BF (binaural frequency) tape series and prepared the data based on similar studies. Using Biolex EEG Brainmapping Software, I printed out EEG profiles, produced graphs of the BF series sound waves, and edited brain-wave data for pieces that did not fit the scale (artifacts caused by an eye blink or sudden movement, for example). The PREP (Personal Resource Exploration Program) database, begun in 1989, contained physiological data on nearly a thousand subjects. These recordings of skin temperature, skin resistance, and voltage changes during the personalized sessions are what Robert Monroe refers to as "the smoke and not the fire." We formatted the five years of data for statistical analysis with computer programs at the University of Virginia and at Stanford, with the help of Dr. Stephen LaBerge. There was a deep feeling of satisfaction when the hundreds of pages of PREP data were on the computer. Then we submitted a sample to Justine and found out that her computer program could not read the data. All of it had to be reformatted by hand all over again! Very quickly I learned that bravery and calm temperament are required when one works with harmless-looking computers.

In late July, it was my pleasure to attend the Institute's annual Professional Seminar. Accomplished professionals from all walks of life convened with one purpose: to share

the value and benefits of the Hemi-Sync technology. I met with and interacted with many of the professionals who've helped to nurture and sustain The Monroe Institute.

In appreciation of my service, I was given an opportunity to attend a *GATEWAY VOYAGE* program. Alongside extraordinary beings from the far reaches of Earth, I explored and developed altered states of consciousness. I immersed myself daily in the Hemi-Sync tones and was transported into the farther reaches of my consciousness. A week of special and deeply personal experiences caused me to reconsider who and what I really am, along the lines of Bob Monroe's *Gateway Affirmation*: "I am more than my physical body...." My transformation was subtle but powerful. The *VOYAGE* was the gift of a lifetime.

Reading books that I borrowed, discussions with staff, observing ongoing experiments—such experiences were "like icing on the cake." Most of my work was menial and unglamorous, but it had to be done, if not by me, then by Skip or another TMI staff member. Everyone at TMI shares in the work responsibilities with the underlying goal of keeping the Institute and its mission alive and well. I gained important insights into the realities of research and inquiry. Ideas may take minutes to conceive, but the experiment may take days to set up and run, while the collection and analysis of data requires months and months to complete. At best, the analysis of data is tedious and time-consuming. The world of Robert Monroe and the way of Hemi-Sync is no different from any "real-world" endeavor. Success demands hard work and discipline.

Overall I am extremely grateful for my summer at TMI. As a pre-medical student at the crossroads of significant life decisions, this summer interlude was priceless for providing information and experiences that will shape my career. Now that

I've seen how I truly am more than my physical body, my career goal is to make a mark on the world by integrating this dimension into the mainstream of medicine.



HIDDEN AGENDA

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Our Change is a vital conversion of a massive Unknown into a Known from our perspective, through direct experience. For the past three years, the Institute has conducted a program under the title *LIFELINE* at the Center headquarters in Virginia. Over five hundred participants have attended these sessions, including many professional people from all walks of life, such as physicians, psychologists, ministers, engineers, business executives, university professors, and others. A significant majority completed the program with the Knowledge-Truth through direct experience, not simply belief, faith, or hope, of the following:

THE HUMAN SELF DOES INDEED SURVIVE PHYSICAL DEATH.

The Institute takes the position that the technology and processes that produce this Known can be adapted into use as a major humanitarian service for all. It moved in this direction in 1994 by introducing an album of audio cassette exercises for the terminally ill and family support group. It is called *GOING HOME*. This series is now being used widely in private residences, hospices, hospitals, and nursing care facilities. The primary design is to help the patient become familiar with enough areas beyond physical existence so as to relieve any fear of death.

We have started in this direction. Now evidently is the time to focus much more on this Basic because "time" may be getting short for many

of us. More to the point, 95 percent of the human population's greatest fear is physical death. We have the tools and methods to relieve such fear.

The Planned Purpose is to prepare humans for what I have casually referred to as Change, especially those whose religious belief systems are weak or nonexistent.

Thus, in 1995, we have started with the following:

1. Divert moments in programs to insure awareness/knowledge of physical death survival.
2. Produce additional tape series for the same purpose.
3. Begin lab research specifically to explore and examine postmortem life without religious approaches, using different types of technologies for measurement and possible verification.
4. Begin a new program called *EXPLORATION 27*. It is designed for *LIFELINE* graduates, and it will truly examine in detail, and with as much documentation and validation as possible, human life beyond the physical—starting with the waystation of Focus 27, which is already a Known to hundreds of TMI friends.

This is my invitation to you to join in this Change, one way or another. Let us know, at the least, if you have any other ideas or suggestions.



HEMI-SYNC TOOL KIT

Your experience with Hemi-Sync could provide a life-changing revelation for someone else.

Let us add your personal story to the Hemi-Sync Tool Kit collections. Send it c/o Julie Mazo, and watch for it in a future issue of the FOCUS.

ASSESSING THE ESSENCE OF GATEWAY

by Ilene Hirsch

What's so special about the GATEWAY VOYAGE residential program? This "participant's-eye-view" unerringly picks out the components that make the VOYAGE so much more than the sum of its parts.

Dear Helen,

Thank you so much for the postcard following up on my GATEWAY VOYAGE of this past August. I wanted to get back to you sooner, but



I've been so busy with so many good opportunities that have come my way since GATEWAY. I did want to let you know my thoughts on the program and how my life has changed since then. First of all, before coming to GATEWAY, I had done *Waves I* through *III* of the GATEWAY EXPERIENCE tapes at home. I enjoyed doing the home tapes and received some benefits from them. However, I always knew that I'd take the leap and do a GATEWAY at TMI someday. This year, [1994] NJ and I finally made the commitment and are ever so glad that we did!

The GATEWAY program at TMI is nothing like doing the home tapes. It is a uniquely growing experience all by itself. Though the home tapes are beneficial for quieting the mind and relaxing, they cannot compare to the intensity and personal growth of going through the GATEWAY VOYAGE at TMI. After much thought and careful reflection, I have broken down GATEWAY into five components. These components are powerful by themselves and contribute to the total experi-

ence. In addition, their synergy is really what makes GATEWAY so special. No one component is more important than the others, nor can they really be separated. They are as follows.

(1) The Setting. Being in the Blue Ridge Mountains among the beauty, peacefulness, harmony, and quiet was incredible. Not only were we in this grand environment with nature's sounds all around us, but being isolated from the rest of the world helped me focus on myself and not the "out there." The lush greenness was especially healing. There was also the architectural beauty of the Center itself, making me feel like I was home. The design of the CHEC units was perfectly thought out and nothing I have at home could reproduce that environment.

(2) Being Taken Care of. I have never felt so inconspicuously taken care of in my life! It was wonderful! Every little detail was handled, and the program was so well organized, it ran without a glitch. There was never a worry about what we were doing next or where we had to be—everything from meals to when to go to the bathroom. Not only did this help me to focus on why I was at TMI, but it was very nurturing. I also feel that TMI didn't skimp on anything.

(3) The Group. I am so grateful to have experienced this part of the program. In some ways, it was the hardest part of the program, and it was also the most rewarding and moving. I've never been with a group of people before who have changed so much in six days, who I've learned so many lessons from, and who I've learned to love so much. All that group energy coming together increased the energy exponentially, making it that much easier to go to different levels of consciousness.

(4) The Transcendence. This was so transforming and so personal for me. I experienced things that I never came close to experiencing in

doing the home tapes. Messages came to me easily and clearly. The expansion of my consciousness showed such a different and bigger perception of life, death, and reality, that it's a perception I hope to keep with me always.

(5) The Trainers. Our trainers were John Cahill and Ann Martin. They were the glue and the catalysts of the group at the same time. In the nuts-and-bolts scheme of things, they kept everything on schedule, taking care of the many details involved in moving twenty-four people to where they needed to be. I'm speaking in the physical world, of course. On other levels, they were subtle and effective guides into ourselves and other worlds. And when some group members went through emotional crises, Ann and John really showed their skills in gently guiding the person through the crisis and to a better place. It was always comforting knowing they were there. Not only did they help deepen the whole experience of GATEWAY, they showed us how to have a lot of fun doing it.

All five components build on each other and interconnect like a spider's web. Break one strand and the whole web is weaker. But together, you've got one helluva design.

As for my life after GATEWAY, it's changed in many ways. I am a much happier person, much more at peace with myself, and have a different perspective on everything. Both NJ and I continue to use the tapes and skills we have learned to go to the different Focuses. I continue to use the tools of problem solving and one-month patterning, as well as many of the other exercises.

The Institute is a magical place. I love that TMI keeps a low profile because I always want it to be accessible and unspoiled. I also believe that whoever is meant to discover TMI will find it. Thank you for helping to make my experience at TMI such a special one. I will be back!

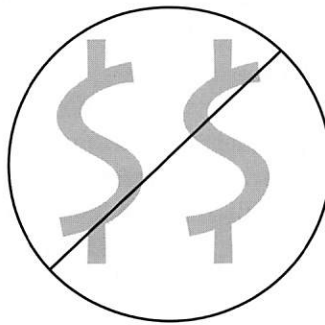
CYBERSPACE VOYAGERS

The *VOYAGERS* Internet mailing list was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. The mailing list address is: voyagers@monroe-inst.com. To subscribe, send a request with "subscribe" in the subject to: voyagers-request@monroe-inst.com. There will be a delay for verification before you are added.

Try the Institute's www server at: <http://www.monroe-inst.com/>. if you have access to the World Wide Web. [ftp.monroe-inst.com](ftp://www.monroe-inst.com) also allows you to download information. MonroeInst@AOL.com is our official E-MAIL address. Of course, you may still call (804) 361-1600, the 24-HOUR INFORMATION LINE, to hear prerecorded voice messages, or to receive information by FAX.

PRICE REDUCED FOR HIGH ADVENTURE

We are pleased to announce that the price of *HIGH ADVENTURE* has been reduced to \$1,495. Contact Helen Warring, Program Registrar, at (804) 361-1252 for information and bookings.



QUARTERLY TAPE

DANCING WITH A DREAM DOLPHIN

You may have heard rumors that the "game was afoot" to create a *TIMEOUT II* CD. Maybe you also heard that it would focus on having and remembering dreams—the sort you awaken from with a priceless, "Ah ha!", insight. The rumors are true, and this is your opportunity to experience a portion of *TIMEOUT II*—an exclusive for Institute members.

Now, follow the Hemi-Sync patterns and the dolphin into the depths of YOU. Drift in the shifting light of the dream world or listen over open speakers for a superb guided visualization. Robert Monroe has carefully modified the sound frequencies based on extensive feedback from TMI's *INNER CIRCLE*. Please share your impressions on the enclosed questionnaire.

IN MEMORIAM

Continued from page 1

with quiet hearts, we will miss his physical presence.

Amidst this changing world, Bob left his affairs in order. We all have jobs to do. The Institute will continue its endeavors in improving the human condition and researching the world within us. All programs, research, and tapes will continue on as per his wishes and those wishes of the family. With heartfelt connection and intent on his vision, join us on a path to the future.

In Loving Remembrance

Laurie Monroe Chasick
A.J. Honeycutt III

*Thank you for your
expressions of support
and compassion*



MOVING?

Sometimes our psychic abilities fail us. If you move without notification, your TMI FOCUS, HEMI-SYNC JOURNAL and members-only quarterly tape may be delayed. So please, if you change your residence, let us be the first to know. Thanks!

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1995

EXPLORATION 27
June 10-16

GATEWAY VOYAGE
April 22-28
May 13-19
May 20-26
June 3-9
June 24-30
July 8-14
August 5-11
August 26-September 1
September 9-15
September 30-October 6
October 21-27
November 4-10
December 2-8

GUIDELINES II
(A Graduate Program)
April 8-14
August 12-18
October 28-November 3

HIGH ADVENTURE
June 17-23
October 7-13

LIFELINE
(A Graduate Program)
April 29-May 5
July 15-21
August 19-25
September 16-22
November 11-17
December 9-15

PROFESSIONAL SEMINAR
July 22-28

Editor: Shirley Bliley

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



Appearances

Gari Carter appeared at the Tattered Cover Bookstore in Denver, Colorado, on November 5, 1994, and at Barnes & Noble in Orlando, Florida, on November 12, 1994, to sign copies of *Healing Myself*—the story of her heroic journey with Hemi-Sync.

Books

The following titles are available from Interstate Industries, Inc.
Healing Myself, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)
Living Is Forever, by J. Edwin Carter (\$9.95, softcover, Hampton Roads Publishing Company, Inc.)
Mind Trek, by Joseph McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)
ULTIMATE JOURNEY, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)
Using the Whole Brain, edited by Ronald Russell (\$14.95, softcover, Hampton Roads Publishing Company, Inc.)

The following titles are available from your local bookstore.
The Celestine Prophecy: An Experiential Guide, by James Redfield and

Carol Adrienne (\$8.99, softcover), quotes extensively from *ULTIMATE JOURNEY* in the chapters "The Mes-

sage of the Mystics" and "The Emerging Culture." The basic principles gleaned from Bob's out-of-body travels are summarized under the heading "Shift Your Perspective." *The Sixth Sense*, by

Laurie Nadel, Ph.D. (\$4.99, softcover, Metamorphosis), lists TMI tapes in its bibliography as "psychotechnology aids" to the intuitive process. [Connect with Mark Adornetto—our source for this clip tip—to compare notes on using the techniques covered. His address is: Mado@ix.netcom.com]

Electronic Lyncs

"Surf the net," for sites featuring The Monroe Institute and related topics. The *Altered States of Consciousness (ASC)* World Wide Web site includes Hypnosis, OBEs, Dreams and Lucid Dreams, Drugs, Parapsychology, and more. Connect to: <http://www.utu.fi/~jounsmad/asc/asc.html>

The *Spiritual Consciousness (Spirit-WWW)* World Wide Web site includes Channeling, Lightwork, Healing, Reincarnation, UFOs, OBEs, Yoga, Veda, Theosophy, Astrology, Journals and more. Connect to: <http://zeta.cs.adfa.oz.au/Spirit.html>

Interviews

Gari Carter was a special guest on two Florida-based radio programs to share her personal story and the story of Hemi-Sync. On December 7, 1994, Gari was invited for a repeat interview with Lisa Cohen of WQYK's Health Journal in Tampa Bay, Florida. Then she discussed her experiences

with Abbey Roads of Community Connections on U-92 (WUYU-FM) in St. Petersburg, Florida, on December 9, 1994.

Journals

The Christian Parapsychologist, September 1994, featured a review of *Using the Whole Brain* by TMI Sustaining Member Hugh Corbett. Hugh is a former vice-chairman of The Churches' Fellowship for Psychical and Spiritual Studies. The essence of *Whole Brain* and a good deal of background information on the Institute and Robert Monroe were superbly conveyed in a very condensed format.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

HALIFAX, NS

Tom Tasse
(902) 477-5790
TORONTO, ONT
Blair Swanson
(416) 469-3549

ENGLAND

CAMBRIDGE

Sue Pitman
Tel (223) 843164
Fax (223) 515091
HANTS
John and Alison Perrott
Tel/Fax (252) 626448

EUROPE

THIMISTER, BELGIUM

Patrick Bartholome
(32) (87) 44-70-70

SCOTLAND

FIFE

Robert and Penelope Gibson
(337) 30767
NEW GALLOWAY
Jill and Ronald Russell
Tel/Fax (441) 6442 357

U.S.A.

ARLINGTON, VA
Mark Gemmell
(703) 522-8663

BETHESDA, MD

Helene N. Guttman
(301) 656-8980

CAMBRIA, CA

Lealand Beck
(805) 927-4621

DAVIDSON, NC

Norma Atherton
(704) 892-7000

ENGLEWOOD, CO

Daniel K. Meyer
Kimberly Miller
(303) 740-8053
FINESVILLE, NJ
Pete Ennes
(908) 995-9493

FREEPORT, ME

Joe Harrington
(207) 773-0291

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721
HORSHAM, PA

Chris Carey
(215) 653-0479
INDIANAPOLIS, IN
Shawn Casey
(317) 852-7727
LAMBERTVILLE, MI
Eileen Tucker
(313) 856-5251

MT. JULIET, TN

Art and Jan Flint
(615) 758-4072

NEW YORK, NY

Ross Jacobs
(212) 929-0661
Al Swadichuto
(212) 228-3298
PALMER, AK
Ross Perrine
(907) 746-6443
PETALUMA, CA
Hildegard Minstein
(707) 763-7537
PLAYA DEL REY, CA
Marge Decuire
(818) 704-7755 or -7557

PORTLAND, OR

Clayton Morgan
(503) 238-0137
Bill Oakes
(503) 288-5305 (w)
SILVER CITY, NM
Marion Light Ray
(505) 388-5782
TEMPE, AZ
Marcie A. Katler
(602) 968-3021
TOLEDO, OH
Eileen Tucker
(313) 856-5251

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The trainers listed in the Hemi-Sync *OUTREACH* section also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

Magazines

The New York Times Magazine, January 22, 1995, focused on Elisabeth Kübler-Ross, whose contribution was instrumental in creation of the *GOING HOME* tapes. "Rewriting the End," by Jonathan Rosen, is an overview of Elisabeth's work and emphasizes the changes in her perspective on death and dying.

Newsletters

Expansion, Tools for Awareness and Well Being, January 1995, announced Professional Member Elisabeth Y. Fitzhugh's relocation to Charlottesville, VA. Elisabeth will continue to combine Hemi-Sync tapes with her presentation of the ORION expanded awareness material and work with the Positive Immunity Program.

Holistic Health, the Newsletter of the British Holistic Medical Association, published "Sound and Health: The Work of The Monroe Institute," by Ronald (Russ) Russell, in their February/March 1995 issue.

The Stapleton InnerLine, Vol. 15, No. 13, November 3, 1994, put "Former Frontier Employee Tells Inspirational Story," by Sean P. McNerney, on the front page. The article touted

former flight attendant Gari Carter's book, *Healing Myself*, and the benefits of the *Surgical Support Series*. She is quoted as saying, "To be able to control your own pain and not have to wait for a pain pill or for a scheduled shot was a wonderful feeling!"

Newspapers

Heart & Wings, February, 1995, a newspaper of the Sufi order (in which Gari Carter is an initiate), made "Healing Myself: A Hero's Primer for Recovery from Tragedy" a feature article. Walia Gorman's sensitive account of Gari's injury and recovery portrayed Sufi principles and Hemi-Sync as complements fostering her inner strength and outer healing.

Rocky Mountain News, Health and Fitness Section, Denver, CO, November 2, 1994, ran "Healing author describes tragedy and triumph" as Linda Castrone's weekly column. Author Gari Carter, who probably has the most in-depth experience of anyone with the *Surgical Support* tapes, is described as a role model for others dealing with tragedy.

"A Return to Beauty," by Jeanne Malmgren, dominated the December 7, 1994, Floridian Section of *The St. Petersburg Times*. Subtitled "Thirteen years ago, Gari Carter's face was perfect and her life was a mess. Then came the car accident that scarred her face and healed her life," it describes Gari's odyssey in detail, including the role of the *Surgical Support Series* as she faced multiple reconstructive surgeries.

Television

During the week of January 23, Paramount Television's *Sightings* program aired "The Healing Mind." This quality production included conversations with Gari Carter and her son and daughter, a segment on her use of the *Surgical Support Series* tapes, footage of The Monroe Institute laboratory and grounds, and an interview with F. Holmes (Skip) Atwater, Institute Research Director.

HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important

personal revelations are commonplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It

teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, contact one of the *OUTREACH* Trainers listed below.

OUTREACH Trainers



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